

## **ABSTRACT OF THE DISCLOSURE**

A high pressure mercury lamp includes a luminous bulb in which at least mercury is enclosed inside the bulb, and a pair of sealing portions that retain airtightness of the 5 luminous bulb. The amount of the enclosed mercury is 230 mg/cm<sup>3</sup> or more based on a volume of the luminous bulb, and heating means for heating the luminous bulb is provided at least at part of the luminous bulb and the pair of sealing portions.